

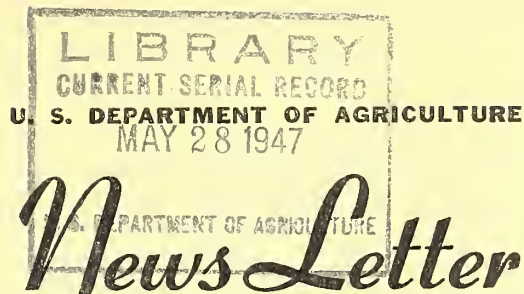
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NUTRITION

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THE LONG-RANGE AGRICULTURAL POLICY

Secretary Clinton P. Anderson presented to the House Committee on Agriculture on April 21 a long-range agricultural policy of "organized, sustained, and realistic abundance." You will be interested particularly in the following excerpts from his statement:

"A policy of realistic abundance cannot be effective unless farm people have a chance to enjoy the fruits of the policy. . . . Public services and facilities are slow getting to rural areas where population is more scattered than in cities. Farm families have a greater proportion of young people and the aged than do city families. This means they have greater need for medical services. But they have far fewer doctors, fewer nurses, fewer hospitals, and fewer clinics than do cities in relation to population. They do not have parity in educational facilities either. . . .

". . . includes the gathering and application of scientific knowledge. This deserves special mention even though such programs clearly must underlie all of our efforts. We need intensified research in the biological sciences; we need research and service programs in marketing and distribution, in production technology, and in efforts to expand industrial uses of farm products. We need research in economics; we need statistics and statistical studies; we need extension programs to spread and demonstrate the new information. . . .

"We need a floor under consumption of farm products. We must make sure that none of us go hungry and that no production is wasted. The school lunch program is a good start in this direction. But something more is needed to counteract the peaks in supply and valleys in demand, to absorb products that are temporarily too abundant, and to see to it that everybody has a chance at an adequate diet. We need to have a surplus distribution program or perhaps some sort of food allotment program available at all times—something flexible enough to meet both chronic and acute difficulties."

OUR GRAIN EXPORT PROGRAM

Since the food crisis of last year, little has been said about the continued heavy shipments of grain to needy areas.

In a speech in Dallas, Tex., on April 12, Jesse B. Gilmer, Administrator of the Production and Marketing Administration, stated that during the 1945-46 marketing year we exported 400 million bushels of food grain. For the same period this year, exports are expected to reach 500 million bushels. At the same time, he said, all essential domestic needs for grain have been and are being met. Of the 900 million bushels exported during the 2 years, 750 million bushels were wheat and wheat flour equivalent. These totals, of course, set a new record for food grain shipments and it is hard to grasp their significance until we get first-hand reports from abroad, telling what this grain has meant to starving countries. All grain exported is paid for, none is given away, Mr. Gilmer said.

NATIONAL BOARD OF FOOD AND NUTRITION CREATED IN PERU

Prompted by a desire for cooperation and collaboration with the United States in order to develop a policy of inter-American and international coordination which will permit a better solution to the food problem, Alfredo Saco, President of the National Board of Food and Nutrition in Peru, wrote Secretary of Agriculture Anderson advising him of the establishment of the Board.

Its primary function, Mr. Saco says, is to make a complete study of national feeding and nutrition and make recommendations for solving the problems involved in production, distribution, and consumption of food products.

The Board has the following committees and subcommittees:

- Committee of Production and Importation
 - I-a. Estimate of Requirements
 - I-b. Areas of Cultivation
 - I-c. Immediate Measures
- Committee of Distribution
 - II-a. Transportation and Conservation
 - II-b. Trade and Prices
 - II-c. Health

Committee of Consumption

- III-a. Reasonable Minimum Diet
- III-b. Information on Foods
- III-c. Minimum Food Quotas
- III-d. Consumer Cooperatives
- III-e. To Control Speculation

The directors and committee members are Government officials representing a wide variety of interests, including agriculture, nutrition, health, and education.

We are glad to see that Peru is following out the recommendations of the Food and Agriculture Organization.

NUTRITION WORKSHOP IN PENNSYLVANIA

From July 7 to 18 the Eastern Area Nutrition Service of the American Red Cross and the Pennsylvania State College will offer cooperatively a nutrition workshop at State College, Pa. Chairmen and members of nutrition committees in the Eastern States have been invited to attend and participate. They have also been asked to assist Red Cross representatives in collecting information on nutrition surveys made in their States. The findings from these surveys will be used as sound working bases for future nutrition programs.

CANNING AND FREEZING FOR SCHOOL LUNCHES

The food preservation specialist in the Production and Marketing Administration urges that community centers and school kitchens place their orders early for canning equipment and supplies so that dealers will have adequate stocks on hand to fill their needs.

She also advises that gages, whether old or new, on pressure canners and re-torts be checked for accuracy before each canning season.

"Canning for School Lunches," a special release issued by PMA in April 1947, cites examples of successful canning and freezing operations for the purpose of helping schools that are planning food preservation activities this year. It also lists some of the factors that should be considered when planning. Copies can be procured by writing to the Production and Marketing Administration, U. S. Department of Agriculture, Washington 25, D. C.

The need continues for community canning centers to operate at the same or greater rate than last year. In some areas with no canning centers the school cooks will can food in the school kitchen.

In such cases schools are urged to provide pressure canners for processing low-acid foods.

FACT SHEET ON THE 1947 GARDEN PROGRAM

At the time the April issue of the Nutrition News Letter was being prepared it seemed definite that the Garden Fact Sheet would be mailed out about March 15. However, the mailing was delayed until after the first of April and then the supply was so limited that copies could not be sent to the entire Nutrition News Letter mailing list. Copies were sent to chairmen of State committees and to county agricultural agents for the use of home demonstration agents. There is now a small supply available to take care of individual requests.

The 1947 program suggests that each community establish a Garden Information Center to serve as a clearing house for education, information, and publicity activities and to encourage school gardens and neighborhood canning bees.

Nutrition groups are included in the list of organizations whose cooperation is needed in this program; and nutrition committees may find such centers useful in spreading information on good diets.

MOST NUTRITION COMMITTEES HAVE ORGANIZED FOR PEACETIME ACTIVITIES

Indications are that committees in most States are strengthening their organizations and continuing, in some cases with renewed vigor, a variety of progressive programs. This information comes from letters, minutes of meetings, and other material you send us and from reports of representatives of the agencies on the Nutrition Planning Committee who are acting as consultants.

At least 39 State committees, in addition to the Chicago, New York City, Puerto Rico, and Hawaii committees, which have the same status as State groups, are meeting regularly. Their activities range from "keeping member agencies informed concerning activities on which concerted action is advisable" to carrying on major programs. About half of these committees report organized and active county and local committees in their areas.

At least five committees employ an executive secretary, either part time or full time. In Chicago the committee incorporated under the title "The Chicago Nutrition Association, Inc." and set up a system of memberships and dues and donations to finance its work. Other

committees have made arrangements with some agency or organization in their States for services and/or funds to enable them to carry on their programs. Still others depend on voluntary contributions from their members.

NOTES FROM THE FIELD

OKLAHOMA.—The State committee has centered its activities this year on two major problems—the need for enrichment legislation and the improvement of the school lunch program. Both efforts have proved highly successful, according to Mena Hogan of the Extension Service who attended the January meeting of the committee.

Legislation for the enrichment of flour and bread was adopted in the Oklahoma State Legislature in March.

Schools for school lunch cooks have been sponsored throughout the State by the committee. Active committees in 67 counties are working on such items as surveys of dietary habits among school children; studies of foods wasted; checking food likes and dislikes; improvements in service, facilities, food preparation, and menus.

Excellent relationships exist between all the agencies. "Work for these purposes," Miss Hogan commented, "has no doubt helped to bring this about."

PUERTO RICO.—Because they recognized the need for trained school lunch supervisors and because trained people were not available, the members of the Puerto Rican Nutrition Committee cooperated in conducting a 1-month workshop last summer at the University of Puerto Rico for new candidates for supervisory positions, Maria Lacot, a member of the committee, reports. At least 2 years of college training was required of all applicants and the best 30 were selected from those applying.

Courses were given in sanitation, nutrition, food preparation and menu planning, and organization and management. Each course was divided into 10 lessons and was taught by members of the staffs of cooperating agencies.

Lunches served the children attending the summer school gave the students an opportunity to observe children's food likes and dislikes, how much they ate, and their manners. A home economist experienced in school lunch work was in charge of the library; she suggested reference material and helped interpret material. The courses were practical and were made interesting to the stu-

dents through lectures, discussions, supervised study, library work, and field trips.

The 28 people who completed the course were given 2 hours' college credit. They have proved the value and practicality of the workshop by the quality of the work they have done this year.

CHICAGO, ILL.—With a paid, part-time executive secretary, the Chicago Nutrition Association, Inc., is carrying on an active program of work.

On April 10 a school lunch conference for lunchroom managers and cooks, principals and superintendents, teachers, parents, school nurses, and others stressed food sanitation and included a test kitchen demonstration. Forty-six persons attended. There were requests for additional conferences stressing food preparation demonstrations.

"What to do about postwar nutrition in Chicago" was the theme of a nutrition conference on April 11. The conference program included a description of the Chicago-Cook County Health Survey and a discussion of nutrition studies and their possible application to Chicago. In attendance were 225 doctors, dietitians, nurses, and nutritionists.

The June and August 1946 issues of the Nutrition News Letter carried information about the incorporation of this association and its program of work. Further information is contained in a leaflet issued by the Association which describes briefly its history, objectives, and organization.

NEW MEXICO.—The leaflet "If Baby Could Talk" was printed in both Spanish and English and will be distributed through the various agencies represented in the State committee. The material was prepared by members of the committee with the assistance of Dr. Adler and the printing was financed by a grant from the School of Inter-American Affairs and a supplementary contribution from the New Mexico Health Foundation.

The committee at its meeting on February 1 endorsed four bills coming up in the 1947 legislature: Pure Food and Drug Act, the School Lunch Act, the Hospital Survey, and the Act for Development of Safe Water in Rural Areas.

More than 300 people attended the annual convention of the New Mexico Health Council, held March 27 and 28. Topics discussed included improvement of hospital, nursing, and medical services; community sanitation and hygiene; public health nursing; rural health; nutrition;

disease control; and health education and citizen participation.

An evening session devoted to nutrition consisted of discussion of the topics: "Soil and Health," "Nonfat Dry Milk Solids 'Pilot' Programs in New Mexico," "Anticipated Nutrition Experiments for New Mexico," "Some Practical Aspects of Nutrition Education," and "Recent Advances in Nutritional Understanding."

INDIANA.—The State Board of Health is providing the State Nutrition Council with a desirable meeting place and such services as sending notices of meetings and preparing minutes. The Council considers that stimulating individual communities to work for nutritional improvement is an important part of its work. While some of the county committees are inactive, a few are sponsoring very important nutrition activities.

The accomplishments of the Fountain County Nutrition Committee in establishing a good school lunch program in all of the schools of the county was described in the November 1946 issue of the the Nutrition News Letter.

Surveys in Boone and Tipton Counties reveal a situation that is probably typical of a number of other Indiana communities. The diet records of over 600 children in Tipton County and of approximately 3,000 in Boone County showed that 13 percent of the Tipton children and 20 percent of the Boone children went to school without breakfast or with a breakfast consisting of coffee only. The breakfasts that were eaten were inadequate in many instances, and the children consuming inadequate breakfasts usually failed to get enough of the foods essential for a good diet during the rest of the day. This was especially true with respect to milk and citrus and other fruit.

Mimeographed copies of the results of the Tipton County survey were distrib-

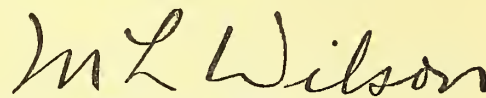
uted to 437 home economics club members by the home demonstration agent and leaders are to discuss the survey at the later meetings of the clubs. Lessons entitled "Eating for 100 percent Health" and "Training for Better Eating Habits" have been presented to adult project leaders, and these will be followed in June with a lesson on "Meals that Satisfy."

It is hoped that this type of follow-up may lead to improvement of the food habits of the children in the homes reached through the home demonstration program.

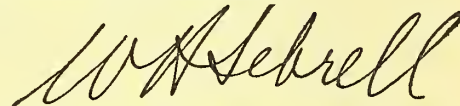
NEW MATERIALS (Samples not enclosed) "Tips for School Lunch Kitchens" is a 4-page leaflet prepared by the Rural Electrification Administration dealing with the use of electrical equipment in the school lunchroom. Copies may be secured by writing to that agency in the U. S. Department of Agriculture, Washington 25, D. C.

The Bureau of Human Nutrition and Home Economics has issued "Estimating the Cost of Food for a School Lunch" for school lunch workers. Single copies can be obtained by writing that Bureau in the U. S. Department of Agriculture.

Sincerely yours,



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